

## PRE-TREATMENT ADVICE AND PROCEDURES

There are some contraindications to permanent makeup services. Not only to ensure the best result possible, but for both your safety and ours. Safety is our absolute top priority. If any of the following points apply to you, you must discuss details with your artist as soon as possible, as we may need to post-pone or alter your service:

Your service may need to be postponed if any of the below apply to you. Please notify your artist if you have:

- fish oil supplements within the last week (natural blood thinners)
- steroid or immunosuppressant use
- prescription antacid use
- having waxed the area within the last 48 hours
- electrolysis near the area within the last 5 days
- piercings in/around the area that cannot be removed
- alcohol/drug use within the last 24 hours
- chemo treatments within the last 6 months
- caffeine consumption within the last 24 hours
- staph or mrsa
- active breakouts of eczema or psoriasis within 1" of the area
- use of Retin-A within the last 4 weeks
- botox/fillers within the last 4 weeks
- prescription antibiotics within the last 2 weeks
- blood pressure issues (uncontrolled blood pressure)
- SSRI usage or any other prescription medication for mood, anxiety, or depression (you can continue with the service but these may cause excess swelling, leading to poor color retention so keep in mind that you may need an additional touchup.)
- chemical peels within the last 6 weeks
- spa-grade AHA usage within the last 2 weeks
- Trichotillomania (you can have the procedure, we just need to discuss after care)
- Acutane usage within the last year
- pregnancy
- plans to nurse within the next 3 months
- sunburnt skin on the area to be treated
- lesions/moles or broken skin in the area to be treated

We need to get a doctor's note with your doctor's approval if you have:

- A regimented medication including aspirin
- High blood pressure that is not under control
- epilepsy
- anemia

Diabetes, that is not under control  
artificial heart valves  
heart problems  
blood problems  
liver disease  
hemophilia

### Rethink performing this service:

Specific allergies (please make us aware of any prior to coming in)  
HIV/AIDS  
lupus  
intense scarring on the area  
history of keloid scarring  
any type of immunodeficiency  
hepatitis

- If unwanted hair is normally removed in the area to be treated, i.e.; tweezing or waxing, the hair removal should be done at least 24 hours prior to your procedure. Electrolysis should not be done within five days of the procedure. Do not resume any method of hair removal for a week after the procedure.
- If you are very particular, please wear your normal make-up to the procedure. If you are having lips or eyebrows done, please bring your favorite pencils.
- If eyelashes or eyebrows are normally dyed, do not have that procedure done within 48 hours of this procedure. Wait one week after the eyebrow or eyeliner procedure before dying lashes or brows. Lash extensions must be removed 48 hours prior to eyeliner procedure. Lash extensions can't be reapplied until 4 weeks post procedure.
- If you wear contact lenses and are having the eyeliner done, do not wear your lenses to your appointment and do not replace them until the day after the procedure. Please bring your glasses.
- Do not use aspirin or ibuprofen for 7 days prior to your procedure.
- If you have received any injectables or fillers such as Botox, Juvederm, Restylin please wait 4 weeks before receiving any permanent makeup.

- If you have received any deep chemical and/or mechanical peels, or if you have had laser/IPL treatments please wait a week before receiving any permanent make up

## APPROXIMATE HEALING SCHEDULE

### LIPS

#### Day Effect

1. Swelling, tender, heavy, thick lipstick look - reddish brick color effect.
2. Slight swelling, reddish, tender, slight metallic flavor.
3. Less swelling, thicker texture, sore, hot feeling before exfoliation. "Orange" color.
4. Exfoliation - very chapped lips.
5. Very chapped but almost finished with 1<sup>st</sup> chapping stage.
6. See soft, rich color.
7. Lip color disappears - - - "frosty" stage begins (2<sup>d</sup> chapping stage), a whitish, grayish haze on lips.
14. Color "blooms" from within more and more each day until day 21  
(Three weeks after procedure)
21. The healing is completed --- the color you see is the color you have. However, lips remain a bit dry for a month or two. Use a good lip balm and they will return to normal but with color!

### EYELINER

#### Day Effect

1. Swollen, like you've been crying, heavier eye makeup look.
2. Swollen, usually for a few hours after waking up, still heavy eye makeup look.
3. Less swollen --- tight --- pigment begins to lift away from skin.
4. Pinching --- some itching is normal --- skin will begin to flake. DO NOT pick at it.
5. Blinking movement of the eye usually removes all pigment by this day. Color is somewhat grayish --- will take a few more days to clarify to full color.

### EYEBROWS Day Effect

1. Bolder color, darker than when healed

2. Same
3. Starting to itch, brows look a bit thicker in texture.
4. Flaky skin - peels from outside edges first.
5. Color finishes flaking of softer, grayer effect for a few days until color clarifies.

Healing of the eyebrows will be slightly different from person to person. Often it is longer than the above-mentioned timeline. At first the eyebrows will appear darker than you would want it. They will look bold and thick. It will start peeling within the first week. The flakes will shed off at random and it will appear that you have lost the color in the areas where it has flaked off first. The eyebrows then go through a "frosting stage" in which it will appear again as though you have lost all the color while the new skin cells are growing. At about the end of the second and beginning of the third week the color will reappear. If you have followed good aftercare you should have lost no more than 30% of the color. This is when you come in between 4 – 8 weeks to do your touch up so we may fill in the color lost.

NOTE: Your skin has a lot to do with the healed results. If your skin is sun damaged, (even from tanning beds) thick and uneven in texture, scared, excessively dry or oily the result cannot be exactly the same for each person. Scars on lips from fever blisters cause pigment removal, medications, smoking, metabolism, lifestyle, facial surgery, and age of skin, all contribute to fading. However, boosts are needed to ensure the best result and to keep your permanent cosmetics looking the best.

## Post Procedure Instructions

### CLIENT COPY

Following Cosmetic Tattoo Procedure:

- Brows: On day 1, blot your eyebrows with a clean moist tissue or paper towel every 2-3 hours.
- When you leave your appointment, you'll have on a very thick layer of Aquaphor.
- On day two and for the next 5 days, you'll wash very gently with a gentle, unscented soap (Dial unscented hand soap or baby soap works just fine), pat dry with a clean paper towel, and apply a very thin layer of Aquaphor, TWICE A DAY. As far as how much is too much: the size of one grain of rice is enough to coat both brows. During these 5 days, avoid the following: touching/picking/itching, skincare or makeup within 1" of the brows, steam, excessive sweating, tanning beds/booths. Expect your brows to darken on days 3-4, then begin to fade. This is normal, as is mild peeling/scabbing. In the event of peeling or scabbing, do not pick or scratch! After day 14, your brows will still be healing and may fade completely and "reappear" at any point up to the 6 week mark. At this point, you'll get your touch-up and repeat the same aftercare process. If you have any concerns, do not attempt to alter your own brows, please just reach out to me! In the long run, the following things will fade your brows prematurely: sun exposure without SPF,

retinol/acids within 1" of the area, and any skincare products meant to brighten or resurface within 1" of the area.

- Do not apply makeup with 1 inch of your brows for 5 days. If you've had eyeliner, do not apply makeup for 7 days after procedure.
- Avoid sleeping on the treated area. Try to sleep on the back, not the side or on the face.
- Absolutely no cleansing crèmes or chemicals on the treated area.
- Absolutely no scrubbing. Do not pick at the epithelial crust; allow it to flake off on its own.
- Do not soak treated area in bath, swimming pool or hot tub. Do not swim in fresh, salt or chlorinated pool water for at least 5 days.
- Do not expose treated area to full pressure of the water in the shower for at least 5 days.
- Do not touch the treated area without first washing your hands.
- Do not expose the treated area to a room with a lot of debris, smoke or steam.
- Thicker eyeliner and all full lip color will require more than one session.
- Colors appear brighter and more sharply defined immediately following the procedure. As the healing progresses color will soften. This will take approximately 5-10 days.
- After the skin is healing the top color flakes off, your permanent make up will appear spot like and uneven as your skin does not shed the color evenly and all at once. The color may also appear to be "gone" as you go through the frosting stage. Do not worry color will reappear after your skin is completely healed, which can take up to 5-7 weeks.
- It is normal to lose up to 50% of the color in the initial procedure.
- If a touch up is required an appointment cannot be scheduled sooner than 4 weeks after the procedure.
- Touch ups scheduled later than 8 weeks after the initial procedure are considered a boost for an additional charge.

Failure to follow post-treatment instructions may cause loss of pigment discoloration or infection.

Enjoy your permanent cosmetics!